Co-production and Mental Health: Patient Champions ‘Speak Back’ to Power
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## Community Campus Partnerships

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Principles of Co-production

• Co-production as authentic power-sharing
• Co-production requires a fundamental democratising of relationships
• Co-production is connected to wider questions of citizenship
• https://coproductionblog.wordpress.com/

#Esrccopro

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Towards a culture change?

NHS commissioners have had legal responsibilities to include service users in the design and delivery of services since 2012 (Health and Social Care Act, 2012)

In 2016: The Five Year Forward View for Mental Health called for a culture change in mental health services

Every person with a mental health problem should be able to say:

“I am confident that the services I may use have been designed in partnership with people who have relevant lived experience.”
Progress through Partnership

In a recent study by Rethink Mental Illness:
Out of 94% (196 of 209) of CCGs that responded to the FOI request:

- CCGs that had undertaken any co-production in mental health commissioning
  15%
- CCGs that said that they had an ambition to do more co-production
  8%
- CCGs whose ambition for the future was in line with the 5YFVMH’s recommendation of adopting co-production as a standard
  1%
Co-production and Recovery

Emergent body of evidence that shows that co-production – the active involvement of people with lived experience of mental illness in service design – supports recovery and improved clinical outcomes

(Slay and Stevens, 2013; McKeown, 2014; Nesta, 2012)
What is Recovery?

• Following emotional trauma (relationship break-up, major illness or bereavement) there is no returning to how you used to be
• Coming to terms, learning and moving on
• This is the same for recovery from mental illness
• Recovery is about taking back control
Patient Champion

• What is a patient champion?

• How Leanne became a patient champion

• Background to clinical risk training
Co-production and Clinical Risk Training

- Patient champions called for co-production
- A more holistic view of risk
- Delivered to four cohorts of NHS, Adult Social Care and Voluntary Sector staff; one cohort of student mental health nurses
- Leanne’s definition of co-production
Conclusion

Co-production requires genuine power-sharing and therefore a fundamental democratising of relationships between professionals and service users in mental health. Understood this way, co-production is more radical than shared decision-making which can leave power imbalances intact (Fisher and Lees, 2016).
Fisher, P. and Lees, J. (2015) Narrative approaches in mental health: preserving the emancipatory tradition, *Health* Available at: [http://hea.sagepub.com/content/early/recent](http://hea.sagepub.com/content/early/recent): 1-17


McKnight, J. and Block, P. (2010)*The Abundant Community. San Francisco:* Berrett-Koehler


Rethink Mental Illness (2016) *Co-production in mental health.* Available at: [https://www.rethink.org/cooperation.](https://www.rethink.org/cooperation.)